

Think... Act... Be...

# Healthy

Issue #3  
**2017**

Just a thought...

The only bad workout is the one that didn't happen...

## Seasonal Allergies?



Breathe easier with tips from our pharmacist!

## Food Allergies...

Did you know? The top 10 food allergens in Canada are:

- Peanuts
- Tree nuts
- Milk
- Wheat
- Soy
- Eggs
- Sesame seeds
- Sulfites
- Mustard
- Seafood

If you have a food allergy, label reading for allergens is so important. Remember, ingredient lists can change without notice, so read labels every time you shop. Look for symbols or words on the front of the package to indicate that the allergen is not present e.g., peanut free or gluten free. If you are unsure, check with your local Sobeys Dietitian.



**Tell us how we are doing!**

Complete the Think Act Be Healthy Customer Survey Now!

Link to survey.

<https://www.surveymonkey.com/r/TABH>

MHCSI Preferred Provider Network (PPN) Pharmacies include:

**Sobeys**  
Pharmacy

Pharmacy  
at SAFEWAY

**IGA**  
PHARMACY

**THRIFTY**  
FOODS  
PHARMACY

**FOODLAND**  
PHARMACY

**FRESHCO.**  
Pharmacy

**Lawtons**  
DRUGS

Eat better. Feel better. Do better.